

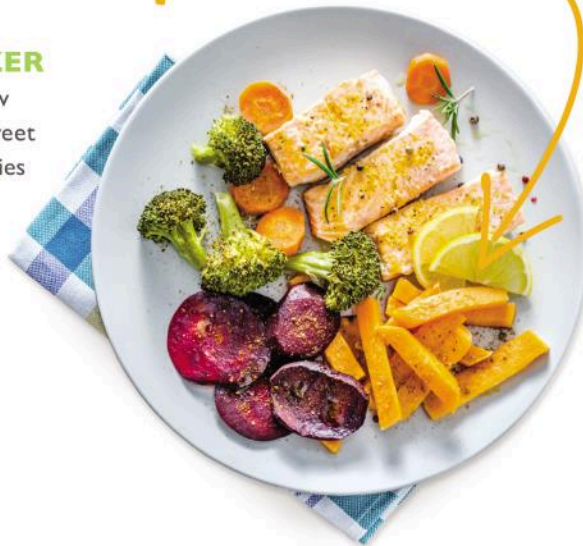
coop deals

SEPT 18 - OCT 1, 2019

quick and simple sides

FROM FARM TO FREEZER

For busy weeknights, having a few bags of frozen sides like Alexia sweet potato fries and other frozen veggies on hand means you'll be able to whip up a family dinner in a flash. The co-op freezer aisle is filled with organically grown vegetables that need nearly no prep time! Just preheat, bake, enjoy!



2/\$6

Alexia
Frozen Sweet Potato Fries
15 oz., selected varieties



2/\$5

Tandoor Chef
Naan Pizza
7.4-9.75 oz., selected
varieties



2/\$6

Nature's Path
Envirokidz
Organic Cereal
10-14 oz., selected
varieties



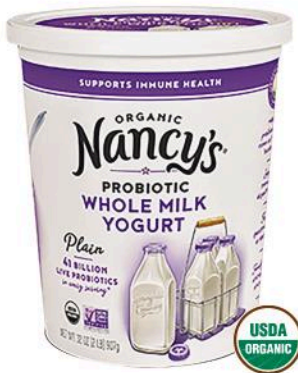
2/\$7

Garden Of Eatin'
Tortilla Chips
16 oz., selected varieties



Simple meals from side dishes to main courses.

Shop the co-op!



3.99
Nancy's
Organic Yogurt
32 oz., selected varieties



4/\$5
Fage
Yogurt
5.3-7 oz., selected varieties



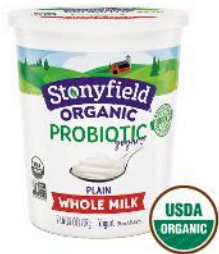
2/\$3
Kite Hill
Almond Milk
Yogurt
5.3 oz., selected varieties



4.49
Green Valley
Organics
Kefir
32 oz., selected varieties



4.99
Lifeway
Organic Kefir
32 oz., selected varieties



3.99
Stonyfield
Organic Yogurt
32 oz., selected varieties



2.49
Califia Farms
Better Half
Creamer
16.9 oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth, Aussie Greek, Aussie Kefir and more.

5/\$5

Wallaby Organic
Aussie Smooth
Whole Milk Yogurt
5.3 oz.

3.99

Wallaby Organic
Aussie Kefir
32 oz.

5.99

Wallaby Organic
Aussie Greek Lowfat
and Whole Milk Yogurt
32 oz., selected varieties



Wake up with these delicious deals!



2/\$7

**Blue Diamond
Almond Milk**
64 oz., selected varieties



try a new flavor!

Try the newest **Kevita** Master Brew Kombucha flavor, Exotic Greens, with three trendy greens inside — spirulina, kale and spinach — combined with starfruit and yumberry for an exotic tropical taste.

2/\$5

**Kevita
Organic Master Brew
Kombucha**
15.2 oz., selected varieties



2/\$6

**Health Ade
Organic
Kombucha**
16 oz., selected varieties



4.99

**Organic Valley
Grassmilk**
64 oz., selected varieties

plant-based deliciousness



Kite Hill is dairy-free by design and uses traditional cheese making techniques to create the best tasting plant-based foods with high quality, Certified Non-GMO ingredients.

5.99

**Kite Hill
Almond Milk Ricotta
Tortellini or Ravioli**
9 oz., selected varieties



4.49

**Organic Valley
Stringles**
6 oz., selected varieties



4.99

**Diestel Turkey
Ranch
Organic Sliced
Deli Meat**
6 oz., selected varieties

Everyone is welcome to shop and join the co-op.



7.99
Caulipower
Cauliflower Crust
Pizza
12 oz., selected varieties



weeknight win!

Delicious and convenient, **Cascadian Farm Organic Hearty Blends** are the perfect organically grown medleys to use as meal starters or enjoy on their own.

2/\$5
Cascadian Farm
Organic Hearty Blends
12 oz., selected varieties



2.99
Wildwood
Organic Baked
Tofu
6-7 oz., selected varieties



5.99
Bonafide
Provisions
Organic Soup
12 oz., selected varieties



5.99
Maxine's
Organic Ice
Cream
1.5 quart, selected varieties



pizza power play

EVEN MORE VEGGIES

Going low-carb or gluten-free are two great reasons to try a new pizza crust, and cauliflower-based pizza is also straight-up delicious! For your next game-day spread, pick up a premade cauliflower crust (or an already-topped 'za) at the co-op, or try making your own. Topped with your favorite sauce and extras, you'll enjoy the game with a guilt-free slice or two.



Family fun night has never tasted so good!

delicious ingredients for gourmet recipes

Quick and easy dinner solutions made simple with **Woodstock**, **Rising Moon** and **Mediterranean Organic**. Shop our collection of quality products that include organic, vegetarian and vegan options made with simple ingredients to help create dishes you and your family will love!



2/\$4

Woodstock
Organic Cut
Spinach
10 oz.

2/\$7

Rising Moon
Organic Pesto
Ravioli
8 oz., selected varieties

4.99

Mediterranean
Organic
Sundried Tomatoes
8.3 oz.



2/\$6

Pacific
Organic Broth
32 oz., selected varieties



2/\$5

Natural Sea
Yellowfin Chunk
Tuna
5 oz.



2.79

Woodstock
Organic Ketchup
20 oz.



4.99

Primal Kitchen
Dressing
8 oz., selected varieties



scoop up the savings in bulk!

1.49

Organic Green Split
Peas
per pound in bulk



2.29

Organic Garbanzo
Beans
per pound in bulk



12.99

Roasted Unsalted
Cashews
per pound in bulk

Bulk buys at budget-friendly prices. Go co-op!



mega delicious mac

STEP UP YOUR GAME

Step up your next mac and cheese dinner with a choose-your-own topping bar! Grab some veggies, proteins and additional cheeses from the co-op to add extra flavor to your bowl. Chopped bell peppers, tomato and onion are flavorful veggie options. Try smoked brisket, cooked shrimp or cubes of seasoned baked tofu for added protein. A variety of cubed, shredded or crumbled cheeses, from blue to extra Parm, will bring some added zing. Get creative! How will you make your mac?

this mac's made differently



Made in partnership with innovative organic farmers, this mac features regeneratively grown ingredients that benefit both people AND planet.

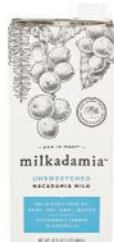
3/\$5

Annie's Homegrown Organic Mac & Cheese
6 oz., selected varieties



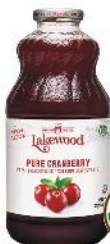
4/\$5

Muir Glen Organic Tomatoes
14.5 oz., selected varieties



3.99

Milkadamia Macadamia Milk
32 oz., selected varieties



7.99

Lakewood Organic Pure Cranberry Juice
32 oz.
other Lakewood juices also on sale



2/\$7

Zevia Zero Calorie Soda
6 pack, selected varieties

Discover the co-op difference in every aisle.



2/\$5

**Chocolove
Chocolate Bar**
3.2 oz., selected varieties



2/\$1
**Alter Eco
Organic Truffles**
.42 oz., selected varieties



4/\$5
Rip Van Wafels
European Snack Wafels
1.2 oz., selected varieties



2/\$7
**LesserEvil
Organic Paleo Puffs**
5 oz., selected varieties



2/\$7
**MadeGood
Organic Granola Bars**
6 ct., selected varieties



2/\$5
**Beanitos
Bean Chips**
6 oz., selected varieties



2/\$5
**Stacy's
Pita Chips**
7.33 oz., selected varieties

100% sparkling energy water



Zero sugar. Zero calories. And zero artificial ingredients. **Hiball** Sparkling Energy Water is made with organic caffeine, ginseng, guarana and B vitamins. It's good energy!

2/\$4

**Hiball
Energy Drink**
16 oz., selected varieties



Drink up the deals everyday at the co-op!



*deliciously
power-packed*

Blend up peanut, almond or sunflower butter with frozen fruits and veggies and top with more nuts, seeds and fresh fruit. Enjoy this protein-packed smoothie bowl any time of day.



3.49
Nature's Path
Organic Love
Crunch Cereal
11.5 oz., selected
varieties



3.99
Tazo
Organic Tea
20 ct., selected varieties



2/\$6
Celestial
Seasonings
Herbal Tea
20 ct., selected varieties



2/\$4
Barbara's
Baked Cheese Puffs
5.5 oz., selected varieties



2/\$4
Barbara's
Cheese Puffs
7 oz., selected varieties



2/\$6
Barbara's
Cereal
10-11 oz., selected varieties



2/\$6
Barbara's
Puffins Cereal
14 oz., selected varieties

*we believe
in better!*

Since 1971, **Barbara's** has been following one simple goal — create wholesome food that tastes delicious. We go back to the basics and use simple, wholesome ingredients that you can feel confident your family will love.

Save big on breakfast from bowl to mug.



10/\$10

Clif Bar
Energy Bar
2.4 oz., selected varieties



3/\$5

RXBAR
Protein Bar
1.83 oz., selected varieties



2/\$5

Mighty Organic
Meat Bar
1 oz., selected varieties



2/\$4

Siren Snacks
Protein Bites
1.7 oz., selected varieties



2/\$5

Organic Valley
Fuel Protein
11 oz., selected varieties



You don't have to compromise tastiness for healthier snacks.

Shop the co-op.

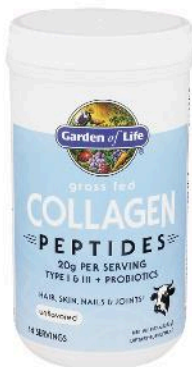
hit the road
with help from
your co-op

TRAVEL SNACK HACKS

Fuel your family for all of your fall travels with tasty (and healthy) treats from the co-op. Snack bars, bulk trail mix and fresh fruits are portable options that travel well and taste great! Don't forget the reusable snack bags and bento boxes.



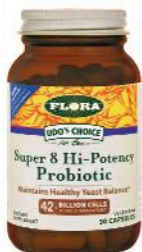
Grab and go goodness on sale now!



18.99
 Garden Of Life
 Collagen Peptides
 9.87 oz.



11.99
 Organic India
 Organic Whole
 Psyllium Husk
 12 oz.



18.99
 Flora
 Probiotic
 30 ct., selected varieties



19.99
 Megafood
 Gummies
 90 ct., selected varieties



Naturally derived products for a healthy life.
It all starts at the co-op.

save with
coop deals

Your local co-op knows how important it is to get delicious food for your family at the best prices; that's why we offer Co+op Deals. With sale prices on products from trusted brands each month, there is no better way to save money on the products you love. We are proud to offer a wide selection of organic, fair trade, environmentally friendly and high-quality items at competitive prices every day!



Better products, budget-friendly prices.

Some items may not be available at all stores or on the same days



3.99

Everyone Hand Soap
12.75 oz., selected varieties



4.99

Tea Tree Therapy Tea Tree Oil
.5 oz., selected varieties



5.99

Acure Brightening Facial Scrub
4 oz.



5.99

Herban Cowboy Deodorant
2.8 oz., selected varieties



Freshen up with deals on household essentials.

Home, clean home.



cleaner by nature

Better Life's products challenge the way people think about natural cleaning, with more plant power, fewer warning labels and formulas that are a natural fit for mess makers.

4.49

Better Life Simply Floored Floor Cleaner

32 oz., selected varieties
other Better Life Cleaners also on sale



6.99

everyday low price
Field Day Bath Tissue
12 ct.



10.99

everyday low price
Field Day Liquid Laundry Detergent
100 oz., selected varieties

Cleaner products for health and home.

Shop for fresh, delicious, local food at a co-op near you

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

BriarPatch Food Co-op
Chico Natural Foods Cooperative
Co+opportunity Market & Deli
Davis Food Co-op
Feather River Food Co-op
Isla Vista Food Co-op
North Coast Co-op
Ocean Beach People's Organic Food Co-op
Quincy Natural Foods Co-op
Sacramento Natural Foods Co-op
SLO Natural Foods Co-op
Ukiah Natural Foods Co-op

IDAHO

Boise Co-op
Moscow Food Co-op

MONTANA

Community Food Co-op

OREGON

Alberta Cooperative Grocery
Ashland Food Co-op
Astoria Co+op
First Alternative Co-op
Food Front Cooperative Grocery
Medford Food Co-op
People's Food Co-op

WASHINGTON

Central Co-op
Community Food Co-op
Main Market Co-op
Olympia Food Co-op
Orcas Food Co-op
Skagit Valley Food Co-op
Sno-Isle Natural Foods Co-op
The Food Co-op



to find a food co-op near you, visit us online at: www.strongertogether.coop



sip back and relax

Picked at the peak of perfection, Cascadian Farm organic frozen fruits are a deliciously sweet and simple way to liven up your smoothie.

2/\$6

Cascadian Farm Organic Fruit
10 oz., selected varieties



3/\$7

Nature's Path Organic Waffles
7.4 oz., selected varieties



2.99

Vital Farms Pasture-Raised Butter
8 oz., selected varieties

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

Some items may not be available at all stores or on the same days

